## Pregnant? Breastfeeding? Child under age 5?



Working and on a tight budget? Use medical coupons or Healthy Options\*? Would you like to know more about your child's growth and feeding?

## Call WIC today.

The Nutrition Program for Women, Infants and Children.

It's the healthy choice for your kids — and your budget.

## WIC helps you give your child a healthy start with:

- Checks for up to \$50 worth of healthy food monthly: milk, eggs, cereal, cheese, dried beans, juice, peanut butter and formula for infants who aren't breastfed.
- Baby book for pregnant women.
- Nutrition and breastfeeding tips.
- Help finding health care.

**WIC** Income Guidelines per month: (a pregnant woman counts as 2)

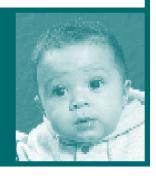
- Family of 2 earning up to \$1,869
- Family of 4 earning up to \$2,837
- Family of 6 earning up to \$3,805 (Valid until March, 2004)

WIC is an equal opportunity program.

Getting WIC will not affect your immigration status.



I-800-322-2588
Healthy Mothers, Healthy Babies
www.hmhbwa.org



<sup>\*</sup> If you are on medical coupons or Healthy Options you are income eligible for **WIC.**